

Physical Fitness Requirements and Standards

Alternate Event for APFT

Based upon the needs of the Army and the individual Branches, Soldiers may request an waiver to take the Alternate Event APFT for entrance in to Warrant Officer Candidate School. However, Soldiers must be fully deployable, able to meet all physical requirements IAW AR 40-501, be able to take and pass an approved APFT IAW FM-21-20 (standard or alternate), and meet height/weight standards IAW AR 600-9. In addition, Soldiers must be able to complete all aspects of training to include all road marches in the prescribed gear and uniform.

This Waiver to AR 350-1 does not take priority over any branch specific physical fitness prerequisite requirement that may exist or be established for accessions into that branch.

Requests for waiver will be reviewed on a case-by-case basis and will be approved based upon the needs of the Army and the specific branch. A request for waiver will be submitted with the warrant officer application along with a copy of the physical profile.

The letter of recommendation by the first O-5 in the chain of command should support the request and state that the applicant is both physically capable of completing training and fully deployable.

Applicants will need to include the Memorandum for Alternate APFT Waiver and a copy of their Profile with their application packet.

Note: The new USAREC Form 1932 will not be required since the entire physical paperwork will be needed for evaluation.

Last Updated: 12/28/2005

(Letterhead)

(Office Symbol)

(Date)

MEMORANDUM FOR COMMANDER, USAREC, FORT KNOX, KY 40121-2726

SUBJECT: Request for Waiver to Standard Three-Event Army Physical Fitness Test (APFT) IAW AR 350-1 Chapter 3-9b.

1. State the type of profile to include your complete PULHES, the event that you can no longer take, and what alternate event you are allowed to take.
2. Give a detailed explanation why you feel this exception to policy should be approved in your case. Give an explanation of events that lead up to the injury and how it happened. Explain your future expectations of your physical condition (i.e. come off of profile after rehab etc...).

NOTE: LEAVE PARAGRAPH 3 AS IS VERBATIM

3. I fully understand that applying for this waiver does not constitute an automatic approval. I further understand that I must be fully mission deployable in the Warrant Officer Specialty in which I am applying.

(Signature)
(Full Name)
(Rank)
(SSN)